

## Children Cry for Fletcher's

## CASTORIA

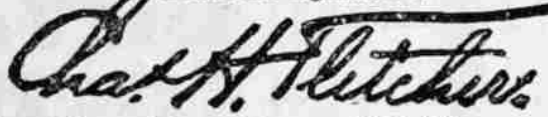
The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, imitations and "just-as-good" are but experiments, and endanger the health of children—Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is neither Opium, Morphine nor other narcotic substance. For more than thirty years it has been in constant use for the relief of Constipation, Flatulence, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

## The Kind You Have Always Bought

Bears the Signature of



In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY.

## Woman's Page

LOVE and MARRIED LIFE  
by the noted author  
Idah McGlone Gibson

## JOHN SPENDS THE NIGHT OUT.

"Where is my charming relative?" asked Alice, sarcastically, as she noticed that John was not in evidence. "I don't know."

"Didn't he tell you where he was going this morning? I should have thought he'd want to stay in the house."

"He wasn't home all last night, Alice."

"At this Alice went to the telephone. 'Give me 8724 Main.'"

"I could not help remarking, 'Perhaps in a case of this kind you will be justified in calling up John's office.'"

"Oh, yes," she answered indifferently. "I know his silly idea of not wanting to be called at the office. Is Mr. Gordon there?" she asked through the telephone.

Then turning to me she said, after a moment's pause: "They say he hasn't been down this morning."

"She hung up the receiver for a second and then called another number, which I knew was her husband's office, and after a moment was talking with him."

"Have you seen John this morning?" she asked.

"I'm sure I don't know where he is, I just called up his office and they tell me he hasn't been down this morning."

"No, he isn't at the house. I'm telephoning from there."

"Paddle His Own canoe."

"Katherine didn't know anything about it until I got here this morning. If she takes my advice, she'll simply let him paddle his own canoe until he comes to his senses, if he ever does."

"Oh, I don't care about Karl Shepard. I'm not interested in him. He's no relative of mine!"

"What? You've heard from him this morning? He regained consciousness? But he's delicious now?"

"I gave a little shudder. I don't know why I hated to think of Karl Shepard as delicious. Certainly he could disclose no secrets that would hurt me."

"Alice hung up the receiver. Evidently her husband had suggested that she call up a Turkish bath parlor, as she called a number which I recognized as one John often called to make an appointment."

"After listening a moment she said: 'Yes, he's there, but the attendant says he is asleep.' Then into the phone: 'Will you tell him that his sister wants to speak to him.'"

"Turning to me again she said, with a grimace: 'I don't take any stock in that "asleep" business!'"

## REDUCE YOUR WEIGHT

Simple, Safe, Reliable Way

If you are carrying around ten to sixty pounds of unwholesome fat you are undoubtedly weakening your vital organs and are bearing a burden which destroys the beauty of your figure.

Why continue a victim of superfluous fat? If you want to reduce your weight in a simple, safe and reliable way, without starvation diet or strenuous exercise, the Kervin is just what you should try. Spend some time daily in the clean air, take a few deep breaths each morning and night and use oil of Kervin following simple directions that come with the box. Weigh and measure yourself once a week. WONDERFUL!

Oil of Kervin is absolutely harmless, is pleasant to take. Even a few days' self-treatment has often been reported to show a noticeable reduction in weight and measurements. Your work becomes easier, a more buoyant, vivacious feeling takes possession of your whole body and mind. WONDERFUL!

Became attractive, look and feel younger; add years to your life. Be surprised and delighted.

Amaze your friends. First, obtain a box of oil of Kervin. A \$100 guarantee in each box that by following Kervin system you will lose 10 to 20 pounds, whatever weight you wish. A brochure will be mailed (plain wrapper) free by Kervin Co. Station F, New York, N. Y.

—Advertisement—

Before and After

Before and After

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Before and After

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Before and After

FOREST SERVICE HAS LORIN FARR PARK IS TO  
INSTALLED ELECTRIC BE IMPROVED AND  
MACHINES ENLARGED

Marking the latest development in the reproduction of blue prints, an electric dryer has been installed at the forest service engineering office in this city. Recently an electric printing machine was installed. This machine turned out prints at such a rate that the drying lines were soon filled with the wet prints. As considerable delay was caused by this slow drying process a new electric dryer was purchased and installed.

This machine is built on the same principle as an electric mangle, such as is used at laundries. The difference lies in the heated electric drum, around which the wet prints are carried by means of an endless belt.

With the electric printing machine capable of turning out hundreds of yards of blue prints daily, and the electric dryer capable of drying almost as many yards of prints as the electric machine will turn out, the forest service printing department is capable of handling not only additional work of its own, but also a large quantity of work required by the Public Roads bureau.

In early preparation for the opening of the parks this season, plans are under way for several improvements at Lorin Farr park. Arrangements have been made for the conversion of the old shooting gallery into a comfort station. This building is large enough to make very commodious quarters for this purpose and the plans have been submitted.

F. J. Hirt, who was awarded the contract for handling the concessions at the park next season, has stated he will put in a new building for a shooting gallery, and that he has arranged for the installation of a new merry-go-round. Other changes are to be made, it is understood. These include the enlarging of the pavilion and a general cleaning up of the entire park. It has also been announced that additional ground has been obtained for enlargement of Lorin Farr park.

According to Commissioner Chris Fygar, Superintendent of Parks and Public Property, no changes or improvements of importance will be made in the other parks. The fountain in City Hall park will be cleaned and painted and new lights installed.

BIG EATERS GET  
KIDNEY TROUBLE

Take Salts at first sign of Bladder irritation or Backache

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead, your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.—Advertisement.

## MADE WITH OATMEAL

One pint of left over porridge, one ounce of drippings, or fat, salt, a little flour or oatmeal. Flour a board well and turn the porridge on it. Work in enough flour and dry oatmeal to stiffen it and to allow of its being handled without sticking. Melt the fat and add salt to taste. Roll out half an inch thick, put on a greased baking sheet and bake till light brown or put a little fat in a frying pan and cook over the fire, turning once. This makes excellent scones.

Three ounces of flour, three ounces of medium oatmeal, two ounces of lard or bacon fat (if possible) or two ounces of shortening, a quarter of a teaspoonful of carbonate of soda, half a teaspoonful of cream of tartar. A little milk or water. Mix the flour and oatmeal, cream of tartar and carbonate of soda together, rub in the fat, mix to a dough, with the milk, turn out on a floured board, roll out and cut into round biscuits with a cutter. Put on a greased baking sheet and bake in a fairly hot oven about fifteen minutes.

SAGE TEA TURNS  
GRAY HAIR DARK

It's Grandmother's Recipe to Bring Back Color and Lustre to Hair

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur. Your hair is your charm. It makes or mars the face. When it fades, turns gray or streaked, just an application or two of Sage and Sulphur enhances its appearance a hundredfold.

Don't bother to prepare the mixture; you can get this famous old recipe improved by the addition of other ingredients at a small cost, all ready to use. It is called Wyeth's Sage and Sulphur Compound. This can always be depended upon to bring back the natural color and lustre of your hair. Everybody uses Wyeth's Sage and Sulphur Compound now, because it doesn't so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through the hair, taking one small strand at a time; by morning the gray hair has disappeared, and after another application it becomes beautifully dark and appears glossy and lustrous.—Advertisement.

## REMOVING GUM

When gum is on clothing, hold a piece of ice on the opposite side of the goods and the gum will be removed easily.

## WINTER VEGETABLES

Remember that in winter vegetables play an important part in the well balanced diet. Some housekeepers who have not access to city stores have a tendency, in winter, not to use enough vegetables. Of course, canned vegetables come to their rescue.

But in the city shops it is really a delight to look at the array of vegetables displayed in the midwinter. Green peppers, cabbage, onions, parsnips, beets, carrots, turnips, spinach, string beans, green peas, French artichokes, strings of garlic, endive lettuce, celery—these and other tempting things were in neat rows in a certain small town vegetable shop in mid-January.

Of course, some of the winter vegetables, the fresh ones are out of season for most housewives in cold weather. They cost too much. But an occasional treat of spinach or green beans or some other delicacy gives zest to the appetite and is worth an economy in some other department of the table.

Here are some good ways of making winter vegetables tempting. Spinach. This is an Italian method of cooking spinach. Boil it and chop it and then prepare this sauce. Fry a minced onion in two tablespoonsful of butter until it is a little brown. Then add two tablespoonsful of flour. When it is bubbling add a cupful of chicken stock. Stir constantly over a medium heat until it is smooth and thick. Then add salt and pepper and a dash of grated nutmeg. Put it in a big saucepan, add the spinach and heat thoroughly, tossing and stirring with a wooden spoon. Beat two eggs and add them to the mixture and cook until they have thickened.

Baked cabbage—Cook the cabbage until tender. Put in a flat earthen dish, cover with crumbs and bits of cheese and put in the oven long enough to melt the cheese.

Scalloped parsnips are made of parsnips, scraped, boiled, and cut into cubes. These should be put in alternate layers with rich cream sauce in a shallow baking dish. One layer should be sprinkled with finely chopped onion. The top should be covered with fine buttered breadcrumbs and the whole should be browned in the oven.

POSLAM DOES  
WORLDS OF GOOD  
FOR SICK SKIN

You can apply Poslam to any disordered skin with the confidence that it provides the absolutely reliable way to be rid of any itching or eruptive trouble that it will serve you well and never can harm.

When spread over the skin and its concentrated healing power directed against pimples and rashes, eczema, acne, itch, scapiculae, burns and all like affections so distressing, it proves a means of greater comfort and most abundant satisfaction.

Sold everywhere. For free sample write to: Emergent Laboratories, 143 West 45th St., New York City.

Poslam Soap is a daily treat to tender skin. Contains Poslam.—Advertisement.

## STAINS

Ink stains—Soak in sour milk. If a dark stain remains rinse in a weak solution of chloride of lime.

Blood stains—Soak in cold salt water, then wash in warm water with soap and boil.

Grass stains—Saturate the spot thoroughly with kerosene, then put in the wash tub.

Iodine stains—Wash with alcohol, then rinse in soapy water.

Iron rust—Soak the stain thoroughly in lemon juice, sprinkle with salt and bleach for several hours in the sun.

Don't bother to prepare the mixture; you can get this famous old recipe improved by the addition of other ingredients at a small cost, all ready to use. It is called Wyeth's Sage and Sulphur Compound. This can always be depended upon to bring back the natural color and lustre of your hair. Everybody uses Wyeth's Sage and Sulphur Compound now, because it doesn't so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through the hair, taking one small strand at a time; by morning the gray hair has disappeared, and after another application it becomes beautifully dark and appears glossy and lustrous.—Advertisement.

## TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

GOLD MEDAL  
HAARLEM OIL  
CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1696. Guaranteed. Three times all druggists. Look for the name Gold Medal on every box and accept no imitation.

Tartar on Teeth  
Shows You Leave the Film

All Statements Approved by High Dental Authorities

## Free

A 10-Day Tube of Pepsodent to show you its effects. See coupon.

## Remove the Film

Film is the basis of tartar. It is the source of discolored teeth and decay.

In brushing teeth you leave a slimy film. You can feel it with your tongue. It clings to teeth, enters crevices and stays. Your tooth paste cannot dissolve it. Most tooth troubles are now traced to that clinging film.

That film is what discolors—not the teeth. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

Millions of germs breed in it. They, with tartar, are the chief cause of pyorrhea. So the one great object in cleaning teeth should be to end that film.

Dental science, after years of searching has found a way to do that. For home use the way is now embodied in a dentifrice called Pepsodent.

The results are known. Convincing, clinical and laboratory tests have proved them beyond question. Leading dentists everywhere now advocate its use.

## A 10-Day Test Supplied

We now send a 10-Day Tube to anyone who asks. Thus we are starting countless people toward cleaner, safer teeth.

Pepsodent is based on pepsin, the digestant of albumin. The film is albuminous matter. The object is to dissolve the film, then to day by day combat it.

The way seems simple, but pepsin must be activated. The usual method is an acid harmful to the teeth. It is the invention of a harmless activating method which makes pepsin possible. That, with other Pepsodent ingredients, is doing now what was never done before.

Send the coupon for a 10-Day Tube. Note how clean the teeth feel after using. Mark the absence of the slimy film. See how teeth whiten as the fixed film disappears.

Read the book we send you. Learn the reason for these things. Then judge for yourself if you want your teeth kept in that way always. Cut out the coupon now.



See how teeth glisten when the film is gone. It is film that makes teeth look dirty. It is film that is the source of most tooth troubles.

PAT. OFF.  
**Pepsodent**  
REG. U.S.

The New-Day Dentifrice

A pepsin tooth paste, proved by able authorities, and now employed by leading dentists everywhere. An efficient film combant.

New Junior High to be  
on South WashingtonBlood-Iron Phosphate  
Helps Thin Folks  
Put On Flesh

How Thin, Weak, Nervous People Can Put on Flesh and Gain Strength.

If you are weak, thin and emaciated and can't put on flesh or get strong, no matter how much you eat, go to McIntyre Drug Co., and get enough Blood-Iron Phosphate for a three weeks' treatment and take it as directed. If at the end of three weeks you don't feel stronger and better than you have for months; if your eyes aren't brighter and your nerves steadier; if you don't sleep better, and your vim, vigor and vitality aren't more than doubled, or if you haven't put on several pounds of good stay-there flesh, you can have your money back for the asking and Blood-Iron Phosphate will cost you nothing.

IMPORTANT—Blood-Iron Phosphate is sold only in original packages, containing enough for three weeks' treatment, at \$1.50 per package—only 50c a week.—Advertisement.

New Part Time School  
Law Being Enforced

The new part time school law is being enforced more effectively, according to the statement of I. N. Noall, of the board of education. He stated that the teachers and employers are working harmoniously in enforcing this law and that the students are realizing its value.

While some of the pupils attempted to avoid the necessity of attending school part of the time, when the law was first put into effect, they have now come to realize its value and have ceased to evade it in most cases. The only difficulty in its working according to Noall, is in checking up, to see that each pupil is conforming to it and doing their full share of school work.

Boys and girls have learned that the new law can be enforced and that they cannot evade school without having their work permits revoked.

Coal Company Plans  
Recreation Building

The Premier Coal company is planning the erection of a large building for their employees at the mines this spring, according to an announcement from the general offices here. This structure will house fifty men and will have recreational features for a much larger number. Included in the plans are reading rooms, billiard room and shower bath.

Call on J. J. Brummitt at 2417 Hudson avenue, if you want to sell your Liberty bonds. Phone 59.

## Ten-Day Tube Free

THE PEPSODENT CO.,  
1164 S. Wabash Ave., Chicago, Ill.  
Mail Ten-Day Tube of Pepsodent to

More Students Enroll  
For Night School

Enrollment of more students for the second semester of night school is nearly completed, with more men and women taking up the various courses offered. A bonus of \$2.50 has been offered by a certain employer, provided the course in salesmanship be completed.

A large number of students have enrolled in the classes in accounting and economics, according to I. N. Noall and these students find the different courses very valuable to them in solving a number of their business problems.

Call on J. J. Brummitt at 2417 Hudson avenue, if you want to sell your Liberty bonds. Phone 59.

City Employees Demand  
25 Per Cent Increase

COLUMBUS, Ohio, Feb. 10.—Following action today of city employees in forming an organization to seek higher wages, a resolution was introduced in the city council calling for a city survey to determine where women might be employed in place of men. The city is without funds to meet the employees' demands, which average a general 25 per cent increase. Every city department except the fire and police departments, are included in the organization.

TEXAS TO PASTURE CATTLE. SAN FRANCISCO, Feb. 10.—An offer to pasture 40,000 head of California cattle in Texas in order to escape Russia was forwarded today to the state department, the immigration commissioner and to Ludwig C. A. K. Martens, self-styled "soviet ambassador" to the United States.



Look around at the men and women you meet in a single day. One glance is enough to tell the ones with plenty of rich, red blood, strength and physical energy to back up their mental power and make them a success in whatever they undertake.

Dr. James Francis Sullivan, formerly Physician of Bellevue Hospital (Outside Dept.), New York, and the Westchester County Hospital, says that to help make blood is such an essential part of the health of a man or woman that it is often increased by the strength and endurance of work.